

## Our Beer

Our ales are brewed in Sergeants Lane, Tenby. Just above Tenby Harbour. Pop in and see where the magic

# SAUNDERSFOOT HARBWR BAR & KITCHEN

## Live Music

Every Saturday night from 9pm.

Put on your dancing shoes

# Sunday Lunch Menu

## ..... Starters & Sharers .....

**Bread & Olives (ve)** ..... 7.00

Rustic bread / olives / oil & balsamic

**Vegetable gyozas (ve)(gf)** ..... 7.50

Fried gyoza dumplings / Mango & Chili dipping sauce

**Coconut Prawn Skewers** ..... 8.50

Coconut coated prawns / Sweet Chili Sauce

**Salt & Pepper Squid** ..... 8.00

Lightly coated squid / sweet chilli mayo

**Soup of the Day (v)** ..... 7.50

Fresh soup / rustic bread

**Breaded Brie (v)** ..... 7.50

Panko breaded Brie with red onion chutney

**Salmon & Prawn Terrine** ..... 8.50

Asian style terrine / rustic bread / [ear & ginger chutney

**Bao Bun**..... 6.00

See our specials page for todays filling

## ..... Roasts .....

Available Midday to 5pm, unless we sell out before. Pre-order to avoid disappointment.

All served with garlic & rosemary potatoes, Yorkshire pudding, fresh vegetables & homemade gravy.

**5 Hour Slow Roast Belly Pork** ..... 17.50

**Welsh Topside of Beef** ..... 17.50

**Roast Chicken Wrapped in Bacon** ..... 17.00

**Butternut Squash, Lentil & Almond Wellington (vea)** ..... 17.50

## ... Classics ...

**HARBWR Beer Battered Cod** 17.50

Finest Atlantic cod fillet with chips, peas, tartar sauce

**Breaded Wholetail Scampi** 16.50

Finest whole scampi with chips, salad, tartar sauce

**Welsh Steak & HARBWR Ale Pie** 16.00

Homemade pie with puff pastry, chips, peas

**Chilli Con Carne (gf)** 16.50

Homemade beef chilli with rice & tortilla chips

## ... Vegan & Vegie ...

**Vegetable Tikka Masala (v) (gfa)** 16.00

Mild aromatic curry with rice & mini naan

**Three Bean Smokey Chilli (ve) (gf)** 16.00

With rice & tortilla corn chips

**Mediterranean Vegetable Risotto (v) (gf)** 16.00

Creamy tomato & vegetable risotto

**Spinach & Broadbean Burger (v)** 16.00

Delicious vegetarian patty with gourmet relish.

## Sides...

Chips 4.00 / Cheesy Chips 4.50 / Garlic Bread 4.50 / Cheesy Garlic Bread 5.50

Side Salad 3.50 / Coleslaw 3.00 / Mac & Cheese 5.00

## Main Menu

Available after 5pm

All you favourites from the grill including  
Steak / Ribs / Chicken / Gammon

## Fresh Fish

All our freshly caught fish is served with buttered Pembrokeshire new potatoes & seasonal vegetables.

See our specials or ask a server for what catches are available today

PLEASE LET US KNOW IF YOU HAVE ANY ALLERGIES OR DIETRY REQUIREMENTS BEFORE ORDERING YOUR MEAL.  
(GF) – GLUTEN FREE FRIENDLY – (GFA) – GLUTEN FREE FRIENDLY OPTION AVAILABLE – (V) – VEGETARIAN FRIENDLY – (VE) – VEGAN FRIENDLY – (VEA) VEGAN VERSION AVAILABLE  
ALTHOUGH WE STRIVE TO KEEP OUR FRIERS SEPARATE FOR (GF) WE CANNOT GARANTEE 100% TRACE FREE OF GLUTEN ON ITEMS COOKED IN OUR FRIERS.  
WE USE RAPESEED OIL IN OUR FRIERS.

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# Light Bites

## ... Sandwiches ...

Available 12 - 5pm

All served on white or malted rustic bread (gfa)

Ham and or Cheddar	8.00
Tuna Mayo & Cucumber	8.50
New York Deli	10.00
Homemade Fish Finger & Tartar	9.50
Prawns with Marie Rose	10.00
Roast Beef & Dipping Gravy	11.00

## ... Salads ...

<b>Ploughman's Lunch (v) (gfa)</b>	<b>13.50</b>
Mature Welsh cheddar or ham, or both, house salad, pickles & rustic bread.	
<b>Prawn Salad (gfa)</b>	<b>15.50</b>
Juicy Atlantic prawns served with Marie Rose sauce, house salad & rustic bread	
<b>Labanese Falafel Flatbread (ve)</b>	<b>14.00</b>
Falafels, flatbread, salad, yummy vegan Middle Eastern sauce	

# Children's Menu

<b>Childs Roast Beef</b> , served with all the trimming	<b>9.00</b>
<b>Childs Roast Chicken</b> , served with all the trimmings	<b>8.50</b>
<b>Local Butchers Sausages</b> , Copper Hog pork sausages or vegetable sausages served with chips, peas or beans	<b>7.00</b>
<b>Cod</b> , fresh beer battered cod served with chips, peas or beans	<b>8.00</b>
<b>Chicken Nuggets</b> , battered nuggets of chicken breast, served with chips, peas or beans	<b>7.00</b>
<b>Mac &amp; Cheese</b> , creamy mac & cheese served with garlic bread (v)	<b>7.50</b>
<b>3 Bean Smokey Chilli</b> , mildly spiced with rice & tortilla chips (ve) (gf)	<b>7.50</b>
<b>Kids Ice-Cream</b> , Pembrokeshire vanilla ice-cream with a choice of strawberry, chocolate or toffee sauce.	<b>3.00</b>

## ... Sides ...

Mac & Cheese (v)	5.00
Sweet Potato Fries (v) (gfa)	5.00
Rustic Chips (v) (gfa)	4.00
Cheesy Rustic Chips (v) (gfa)	4.50
Garlic Bread (v)	4.50
Cheesy Garlic Bread (v)	5.50
Rustic Bread & Butter (v)	2.50
Side Salad (ve) (gf)	3.50
Coleslaw (v) (gf)	3.00
Butter & Herb New Potatoes (v) (gf)	3.00

## Desserts

If you fancy something sweet...

we have a daily selection including classics like sticky toffee, chocolate fudge cake & cheesecakes.

## ... Hot Drinks ...

Lovingly made from our barista machine  
Add a syrup shot for 50p - Vanilla, Hazelnut or Caramel  
Oat milk 50p

Tea	English Breakfast, Earl Grey, Peppermint, Green	2.80
Hot Chocolate	make it posh 50p	3.60
Espresso		2.00 / 3.60
Americano	With or without milk	3.30
Latte		3.50
Cappuccino		3.50
Flat White		3.50

## Breakfast

Served 9.30am to 11.30am Everyday

## Main Menu From Midday

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